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Grapes Of Wrath “Advanced” Training Program

Chris will be providing group training for those who would like to personally challenge themselves for the GOW event. The **Group Training** program will be Saturday’s, starting on Saturday May 12th, 9am (at the canal path in St.Catharines, at the Museum Please consult your physician prior to starting an exercise program.

R = Run I.T. = Intervals LS = Long Slow S = Slow H = Hills F = Faster
CT = Cross train (cardio, bike or Elliptical) S/C= Strength/Core (see provided program)

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday Meet with Trainer | Sunday |
|---------------------------------|-----------------------|---------|---------------------------------------------------|------------|--------|------------------------------------------------------|----------|
| Week 1 May 7 th | R – 4 k S | rest | S/C R – 3 k S | C/T 20 min | Rest | S/C | R – 4k S |
| Week 2 May 14 th | R – 4 k S S/C (x1) | rest | Warm up R - 2 k S H – 100m (4x) S/C (x1) | C/T 30 min | rest | S/C | R – 4k S |
| Week 3 May 21 st | R – 3 k F S/C (x1) | rest | S/C R – 3 k (S) | C/T 40 min | rest | S/C (x1) (R – I.T. 2 min R – S-recover 4x) | R – 4k F |
| Week 4 May 28 th | R – 3 k S S/C (x1) | rest | Warm up R - 2 k H – 100m (4x) | C/T 20 min | rest | S/C R – I.T. 2 min (4x) | R – 4k S |
| Week 5 June 4 th | R – 4 k F S/C (x1) | rest | Warm up R - 2 k H – 100m (4x) S/C (x1) | C/T 40 min | rest | S/C R – I.T. 2 min (4x) | R – 6k S |
| Week 6 June 11 th | R – 4 k F S/C (x1) | rest | Warm up R - 3 k H – 100m (4x) S/C (x1) | C/T 20 min | rest | S/C (x1) R – I.T. 2 min (6x) | R – 6k S |
| Week 7 June 18 th | R – 3 k F | rest | Warm up R - 2 k H – 100m (6x) S/C (x1) | C/T 30 min | rest | Warm up R – 2 k. R – I.T. 2 min (x4) S/C | R – 7k S |
| Week 8 June 28 th | S/C (x1) R – 4 k S | rest | Warm up R - 2 k R – I.T. 2 min (x4) | rest | rest | Warm up R - 4 k H – 100m (4x) S/C | R – 5k F |

This training program ends 1 week prior to the actual race date. The week of July 2 – 7th you may run 2 days; 30 minutes on the Monday & Wednesday (& S/C (x1). Rest the Thursday & Friday before race day) Do not over exert as this is an “active rest week” to prepare you for Saturday July 7th GOW event day. Follow the program as laid out below. Have confidence; believe in yourself and the program.

If you would like to join **Group Training**, commitment of \$99 for the 8 weeks of training. Or a \$20 drop-in fee/session

- Drink water – ½ of a glass before exercise and sip water during exercise, 1 glass after exercise.
- Wear proper shoes (running shoes) to support your feet and joints.
- Stretch after exercise

So come out and join us for fun and fitness. If you wish, feel free to use this program on your own!